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# HOMEMAKERS' CHAT

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U. S. DEPARTMENT  
OF AGRICULTURE  
OFFICE OF INFORMATION

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SUBJECT: "Leave Us Face It" Information from the food specialists of the United States Department of Agriculture.

As the popular song says, "Leave us face it." Meal planning, in normal times, is a job. Now...we're putting out even more ingenuity and ability to keep our meals appetizing and at the same time well-balanced.

But things, on the whole, are pretty good. Leave us not only face the whole business, leave us look at just one of our stumbling blocks. Let's take meat. Why do we eat meat? The obvious answer is...we eat meat because we like it. But consciously or unconsciously...we also eat it to get certain food values.

We need protein...and meat supplies it. Protein builds and repairs our body tissues. We eat meat because it supplies us with minerals...iron and phosphorus among others. Iron helps keep red corpuscles healthy and phosphorus helps make teeth and bones strong. Then meat also furnishes three vitamins we want...niacin, thiamine and riboflavin. Of course we get other food values from meat, and different meats supply different amounts of these I've mentioned. But in general many homemakers...most of us, in fact...have counted on meat to give us a large part of what we need in these six food values.

All right. Although meat is one of the best sources of these food values and perhaps the most popular...the fact remains that our meat supply is being spread to fill a terrific war demand. In some places...it's spread thin.

So where do we go from here? We can get these six food values from other sources. From sources that make good...tempting meals too. First...protein. We can get protein from eggs, from fish, from milk, from poultry, cheese...cottage cheese as well as American, from dried beans and peas and peanuts and soybeans. That's really quite a list. Then for the minerals. Iron is supplied, and generously too, by leafy green vegetables, by whole grain or enriched bread, by enriched cereals, eggs, poultry, dried beans and peas, peanuts and soybeans. Phosphorus comes with the foods that supply protein. As for the vitamins...believe it or not...we can get a good part of what we need from whole-grain and enriched bread and enriched cereals. Where do we go from here? We go to these other sources...and we are very well.

